Services Available For Juneau County Older Adults and Persons with Disabilities



220 E La Crosse Street
Mauston, WI 53948
(608)847-9371
1-877-794-2372

TOLL - FREE HOTLINES

Health Hotlines:

AARP Prudential	800-523-5800
Aging and Long Term Care	800-242-1060
Alzheimer's	800-621-0379
General HealthInformation	800-336-4797
Kidney Disease	800-638-8299
Liver Disease	800-223-0179
Medicare	800-633-4227
Medigap Hotline	800-242-1060
OMBUDSMAN(Nursing Home)	800-815-0015
Consumer Protection	800-422-7128
Social Security	800-772-1213

AGING AND DISABILITY RESOURCE CENTER STAFF

Director of Aging ProgramsChar Norberg
Adult Center/Transportation CoordinatorLynn Martin
Secretary IIKarla Faulkner
Lead Information and Assistance SpecialistNickie Preuss
Information and Assistance Specialist Mary Murray
Elderly Benefit SpecialistBarbara Gartland
Disability Benefit SpecialistJessica Hoehn
Older Americans Act Support Coordinator Angela Pokorney
Bus Driver (Interim)
Elroy Dining Center
Lyndon Station Dining CenterBetty Lackas
Necedah Dining CenterRobin Kershaw-Smith
Bluffs Dining Center
Mauston Dining Center
Wonewoc MealsiteKristi Shore
Food TransportJulia Ritchart, Larry Bonner

JUNEAU COUNTY COMMITTEE ON AGING:

Ken Schneider, Chairman Orville Robinson Steve Thomas

JUNEAU COUNTY ADULT CENTER

ROBERT D. DYKMAN ADULT CENTER Courthouse Annex

Mauston, WI 53948 Lynn Martin, Coordinator (608) 847-9371

The **DROP-IN Center** at the Adult Center is open from 8:30 a.m. - 4:00 p.m. daily. Newspapers, magazines, books, puzzles, and community resources are also available at the center.

RECREATION

Cards

Call 847-9371 for schedule

Bingo

Wednesdays at 10:00am

IMPORTANT NOTICE: AGE REQUIREMENTS

All Adult Center activities are open to persons age 60 or over.

Meals for the elderly are for those age 60 or over, spouses of +60 participants on a donation basis (\$3.75 suggested donation), and for -60 person, with full cost of meal (\$9.59 required).

Escort service is open to persons age 60 and over, or disabled persons of any age.

Please note: Information and Rates are subject to change.

Please call for current information.

TAX PREPARATION

State, Federal, and homestead tax preparation is available for low and moderate income persons age 18 and over from February to April. Call the Adult Center at (608) 847-9371 to schedule an appointment.

CRAFT SALE

Handcrafted items made by Senior Citizens and Persons with Disabilities may be sold through sale booths at the Elroy Fair in June and at the annual Holiday Fair held at the Adult Center in late November through mid December.

Entry forms are available at the Adult Center. Watch for announcements.

Ten percent of the gross sales amount is kept by the Committee on Aging for expenses, plus five and a half percent sales tax assessment. The balance is paid to the participants. Persons submitting articles for sale are also asked to assist in the sale booths.

AGELESS NEWSLETTER

Senior Citizens are informed about current programs in this publication. Copies are available at dining centers, banks, at county senior club meetings, and other area businesses. Copies are also available online at www.co.juneau.wi.gov/adrc1.

VOLUNTEER OPPORTUNITIES

Volunteer opportunities exist in several program areas. If you would like to assist, please call the ADRC at (608) 847-9371.

CHORE SERVICES

Limited funding is available for the payment of household chores and home maintenance for income eligible persons. Call (608) 847-9371 for more information.

Applications for funding are available at the Dept. of Aging Office. For more information call:

- ADRC Office (608) 847-9371
- Alzheimer's Assoc.
- Helpline # 800-272-3900

HEALTH SCREENING

Blood pressure screenings, flu shots and foot health clinics are available at a variety of locations in the county.

For dates in your area or for other information, contact: **ADRC** (608) 847-9371

HEALTH PROMOTION CLASSES

Health Promotion classes such as:

- Stepping on Falls
- Powerful Tools for Caregivers
- Living Well with Chronic Disease
- Strong Women, Strong Bones

These classes are all lead by trained volunteers. They are now offered through the Juneau County Health Department. Please call 608-847-9373 for more information.

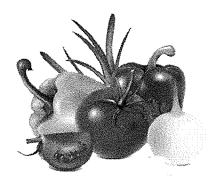
SENIOR FARMER'S MARKET PROGRAM

The Aging & Disability Resource center provides outreach and application materials for the Senior Farmer's Market Program. This USDA-based program is an income-based program that provides food coupons to eligible seniors for the purchase of fresh fruits and vegetables from certified farmers' market and farm stands.

The program operates from June 1—October 31 and applications are available in June. Coupons are distributed at designated sites around the county and are on a first come, first served basis. The number of coupons available varies on an annual basis, so applications are required every year.

Farmers interested in becoming certified vendors to sell their products attend a brief orientation session and receive certification materials from the State of Wisconsin to participate in the program.

For more information call ADRC at 847-9371 or the UW-Extension Office at 847-9333.



BENEFIT SPECIALIST SERVICES

A trained Elder Benefit Specialist provides direct advocacy service to persons 60 years and over in the area of public benefits. They include: Social Security, SSI, Medicare, Medical Assistance, Health Insurance, etc. The Elder Benefit Specialist has legal assistance back-up. There is no income limit for these services. Also available is a trained Disability Benefit Specialist who provides benefits counseling for adults ages 18 to 59 with physical disabilities, developmental disabilities, mental illness and/or substance use disorders. Some of the areas the Disability Benefit Specialist can help you with include but are not limited to: Medical Assistance, Social Security Disability Income, SSI, FoodShare, Private Health and Disability Insurance Issues, etc. Donations are appreciated to extend the service. Call the Aging and Disability Resource Center at (608) 847-9371.

INFORMATION AND ASSISTANCE

Information about the various services for the elderly are available through the Aging and Disability Resource Center at (608) 847-9371.

If the information you need is not directly available, we will refer you to the Elder Benefit Specialist, Disability Benefit Specialist, Department of Human Services, Area Agency on Aging, the State Bureau of Aging, or other resources that suit your needs.

NATIONAL CAREGIVER SUPPORT PROGRAM

Funds are available for caregivers providing direct assistance to loved ones in their home. This funding source provides payment for services such as respite care, adult day care, transportation to respite and adult day care, information and assistance for caregivers, outreach services, caregiver training, adaptive aids and home modifications, grandparent assistance, and referrals to caregiver support groups.

Caregivers can contact the ADRC at (608) 847-9371 for an application and more detailed information. The focus of the program is to support caregivers in their role as direct service providers.

ALZHEIMER'S PROGRAM

The Alzheimer Family and Caregiver Support Program (AFCSP) is administered by the Dept. of Aging. The program provides financial support to families to purchase supportive services for the person at home.

ELIGIBILITY:

- Annual family income at or below \$40,000.
- A written statement from your doctor that an irreversible dementia is present.



LONG-TERM CARE SERVICES

Long-term care services are services or supports that a person may need due to a disability, getting older or a chronic illness that may limit their ability to do things they need to do throughout the course of a day. There is a large variety of long-term care services available to help people do things independently or with support of someone else. These services could include but are not limited to bathing, getting dressed, making meals, medication management, and house cleaning. These types of services are not typically billable to insurance companies and are costly. There are currently two programs offered in Juneau County that will help to coordinate and pay for these types of services.

Family Care is one of the programs offered in Juneau County. Family care offers a team approach to long term care. You would be an active participant on your team that would assist you in determining what services you need, what is available, and where to get support. This team would also include, at least, you, a care manager and a registered nurse. You may also want to involve a family member, loved one, or a physician. Family Care also has a provider network from which it will select service providers. You may also choose to self-direct any part or all of your services within the Family Care program. This will allow you more choice in who is providing the services and what services they are providing.

IRIS is the other program offered in Juneau County. IRIS stands for Include, Respect, I Self-direct. IRIS is a self-directed program. You will not have a team that helps you to setup your services.

You will be given an individualized budget based on your needs. This budget is what you will use to buy

services or supports you feel you need. You do not have a provider network to find providers from. You may want to employ a friend, neighbor, or a relative to provide services for you. You may also choose to employ a home health agency to provide services. You determine what services you need, when you need them, how often you need them, and who will provide them as long as you remain with in your budget amount.

The IRIS and Family Care program have the same eligibility criteria. You must be found to be functionally eligible and you must have Medicaid or be eligible for Medicaid. If you are interested in finding out if you qualify for either of these programs please feel free to contact the Aging & Disability Resource Center at 608-847-9371 to set up a screening with one of the certified screeners.

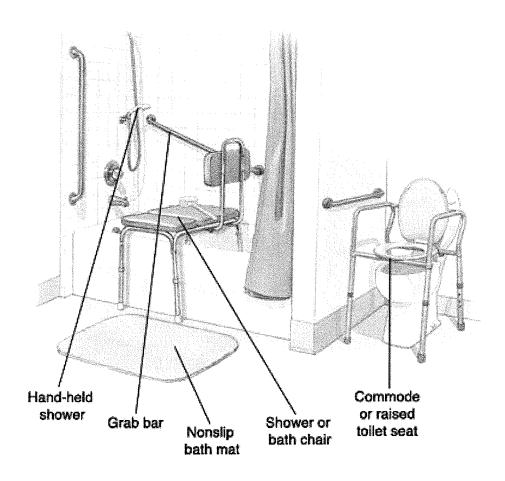


ADAPTIVE AIDS

Items are available and on display at the Aging & Disability Resource Center. Staff members can explain and demonstrate their use. Staff is also available to make presentations on assistive technology and all other services provided by the Aging & Disability Resource Center.

Call The Aging & Disability Resource Center at 847-9371 to set up a presentation.

At the Resource Center you will also find many informative brochures as well as forms and applications for many services.



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LOAN CLOSET

The ADRC has a loan closet. We offer you the use of an item for no fee and when you are no longer in need of the item, return it to us for someone else to use. Some of the items we may have walkers, wheelchairs, grab bars, shower chairs, raised toilet seats and many other items. Our inventory can vary from day to day. Please call our office, 608-847-9371, or stop in to see if we have the item you need. We also accept donations of any of the listed items. If you have any of these items that you or a loved one are no longer using, please call us to see if we can use it in the loan closet.



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JUNEAU COUNTY NUTRITION PROGRAM FOR THE ELDERLY

Meals are available for seniors through 7 congregate meal sites in the county. The suggested donation is \$3.75 for congregate and homebound meals. No one will be denied a meal if they are unable to donate toward the cost of the meal. However, the program depends on donations to maintain the service.

Meals at congregate dining centers are for those ages 60 or over, spouses of +60 participants on a donation basis, and for -60 person, with full cost of the meal (\$9.59 required). All menus are approved by a registered Dietitian and comply with Federal, State and Local regulations for the *Title III* meal program.

Nutrition Education and Dietary Counseling is available by calling the Aging & Disability Resource Center at (608) 847-9371.

Home-Delivered Meals are also served from all Nutrition Sites for eligible seniors ages 60 and over. Frozen meals are available on weekends for HDM participants who need them.

NOTE: A referral from your physician is recommended for all new HDM participants.

Information about homebound meals is available at the ADRC office in the Courthouse Annex 847- 9371.

Reservations for meals should be made by noon the day before the meal is to be served (Noon Thursday for a meal on Monday).

(Times listed are serving times)

Bluffs M-T-W-TH Site Phone No.	Community Hall, Camp Douglas 11:45 - 12:30 547-2213
Elroy	Grace Lutheran Church
M-T-TH-FRI	11:45 - 12:30
Site Phone No.	462-5175
Lyndon Station M-T-W-TH Site Phone No.	Beagle's Bar & Grill 11:00 - 1:00 666-2423
Mauston M-T-W-TH Site Phone No.	Adult Center, Courthouse Annex 11:45 - 12:30 547-2802
Necedah	Village Hall
M-T-W-TH	12:00 - 12:45
Site Phone No.	547-3125
Wonewoc	Bernie's Wagon Wheel II
T-W-TH-FR	11:30 - 12:15
Site Phone No.	464-7217

JUNEAU COUNTY TRANSPORTATION PROGRAM

ESCORT SERVICE

Transportation for all parts of the County for persons 60 and over, or disabled persons of any age, is available through the help of volunteer ESCORT DRIVERS, and may be arranged through the Adult Center. Call (608) 847-9371 between 8:30 a.m. and 4:00 p.m. This includes medical appointments within 75 miles of Mauston (Madison, La Crosse and Marshfield).

The **Escort Drivers** are also available for local shopping, banking, and other business.

Arrangements must be made at least 2 or 3 days ahead for local trips and at least 1 week ahead for out-of-town trips.

Funds are limited State law requires a fare from each person using escort services.

All trips for non-elderly/non disabled are allowed only when space is open on a trip with other elderly or handicapped. See Chart

REQUIRED MINIMUM FARES:

- 1) In town to the Nutrition Site only—\$.50 each way
- 2) In town trips other than Nutrition Site—\$2.00 each way
- 3) Out of town medical & shopping trips—See Chart

ESCORT RATES

This is round trip from the drivers	home and back
Up to 25 Miles	\$6.50
26 - 44 Miles	\$9.50
45 - 64 Miles	\$15.00
65 - 99 Miles	\$23.00
100 - 130 Miles	\$31.00
131 - 160 Miles	\$39.00
161 - 199 Miles	\$48.00
200 - 230 Miles	\$58.00
231 - 260 Miles	\$67.00

TRIPS NOT ALLOWED

- 1) Visiting relatives or friends
- 2) Visiting at hospital EXCEPT in the case of an emergency call from the hospital
- 3) Funerals or funeral parlors
- 4) Church services or church meetings
- 5) Laundromats

If more than one participant is transported on the same trip they may split the required fare.

For more information on rules, or to apply as an escort driver, please call:

Adult Center (608) 847-9371

SENIOR CITIZEN'S BUS

Transportation for Senior Citizens outside the Mauston area for doctor appointments, shopping, banking and other business is supplied by the 14 passenger Senior Citizen's Bus from 8:00 a.m. to 3:00 p.m., Monday - Thursday. One day per week the bus will be in the Lyndon Station area; New Lisbon and Camp Douglas area; Elroy, Union Center and Wonewoc area; and Necedah area going to Mauston. One day per month Lyndon Station will go to Baraboo; New Lisbon and Camp Douglas will go to Tomah; Elroy, Union Center and Wonewoc will go to Richland Center; and Necedah will go to Tomah. Please call 608-847-9371 for a bus schedule or to schedule a trip.

The **Senior Citizen's Bus** is available from 9:00 a.m. to 3:00 p.m. on Fridays according to the following schedule. For more information on Friday trip destinations please call the Adult Center at (608) 847-9371. The bus is wheelchair accessible.

1st Friday Mauston
 2nd Friday Wonewoc, Elroy, Union Center, Camp Douglas
 3rd Friday Mauston
 4th Friday Lyndon Station, New Lisbon, Necedah

REQUIRED MINIMUM FARES: SENIOR BUS

- 1) In-town to the Nutrition Site only—\$.50 each way
- 2) All other in-town trips—\$2.00 each way
- 3) In-County trips—\$6.50/round trip Each trip includes 2 stops. Three or more stops will be 50¢ each stop. Friday shopping trips are excluded from this charge.
- 4) Friday shopping trips & Out-of-County trips—\$7.50/round trip

SERVICES PROVIDED BY OTHER ORGANIZATIONS

FOOD PANTRY

Anyone in the Juneau County area who needs food and is unable to buy it due to lack of resources may use the pantry once a month.

Locations and Days of Service:

Mauston	Community Cares Building
547-4171	1 Kennedy Street - Suite 7

Tuesday, Wednesday, Thursday

9:30 - 11:00 a.m.

New Lisbon Food Pantry

562-5189 201 Leer Street

1st-4th Thurs. 8:30 - 10:45 a.m.

3rd Wed. 4-5:30 p.m.

Necedah Food Pantry 565-2701 1000 Farnam Drive

Thursday 9:30 - 11:30 a.m.

Elroy Grace Lutheran Church 462-5398 226 Erickson Street

Thursday 1:00 - 2:00 p.m.

Wonewoc/Union Center Town of Wonewoc Hall

464-3998 Union Center

1st Saturday 9:00 - 10:00 a.m.

Camp Douglas St. James Catholic Church

427-6762 100 Bartell St.

Last Thursday 9:00 - 11:00 a.m.

CENTRAL WISCONSIN COMMUNITY ACTION

Emergency food pantry, fuel assistance and weatherization.

Community Cares
534B La Crosse St.

Mauston, WI 53948
(608) 847-5988

Monday thru Friday from 8:00 a.m. to 4:30 p.m.

SOCIAL SECURITY ADMINISTRATION

For more information Call (855) 686-1465 for an appointment.

JUNEAU COUNTY DEPARTMENT OF HUMAN SERVICES

(608) 847-2400

JUNEAU COUNTY VETERAN'S SERVICE OFFICE

(608) 847-9385

HEALTH CARE

HOSPITALS:	•
Emergency Room	847-6161
Mile Bluff Medical Center	847-6161
Urgent Care	847-6161
St. Joseph's Memorial Hospital & Urgent Care	489-8000
CLINICS	
Elroy Family Medical Center	462-8466
Mile Bluff Clinic — Mauston	847-5000
Necedah Family Medical Center	565-2000
New Lisbon Clinic	562-3111
UW Specialty Clinic	847-7355
Gundersen Clinic — Wonewoc	464-3111
St. Joseph's Family Clinic — Elroy	462-4116
St. Joseph's Family Clinic — Wonewoc	464-3575
EYE HEALTH	
Schaefer, John W	847-6264
Gundersen Lutheran Vision Center — Hillsboro	489-2451
Family Vision Center—Tomah	372-4664
UW Specialty Clinic	847-7355

DENTAL HEALTH

Castle Rock Dental	.847-5572
Karas, Christopher J.	.462-8282
McCormick, P. Michael	.847-5614
Myhre, Wayne E.	.489-2727
Newman, Dirk A.	.847-5572
Rubash, Charles M.	.562-5180
Wolfenden, Jay	.489-3499
Scenic Bluffs Community Health Center	.654-5157
Mauston Dental Center (accepts medical assistance)	.847-6700

LEGAL COUNSELING

Legal Action of Wisconsin		800-873-0927
(includes Elder Rights Project)		608-785-2809
205 5th Ave S. Suite 300, La Crosse WI	54601	
Lawyer Referral/Information	• • • • • • • • • • • • • • • • • • • •	800-362-9082
State Bar of Wisconsin		608-257-3838

Wisconsin Well Woman Program

You may be eligible if:

- **X** You are a woman, age 50-64 (high-risk-35-49).
- **X** You do not have health insurance, or your insurance does not cover basic checkups, or you are unable to pay deductibles or co-payments.
- **X** Your income meets guidelines.

You may be eligible for health checkups at no cost to you. These may include screenings for:

- ➤ Breast and Cervical Cancer
- > Osteoporosis
- ➤ Diabetes
- ➤ High Blood Pressure

Call the Juneau County Health Department at 847-9373 for more information or call the Wisconsin Women's Health Hotline at 1-800-722-2295.



DOMESTIC ABUSE

Family Center, Inc.

A domestic abuse program providing safe shelter, legal advocacy, counseling, support groups, and treatment services. Works with men, women, and children. Located at 531 10th Avenue North, Wisconsin Rapids. **Call:** 715-421-1511

Hope House

A shelter program available to victims of domestic abuse and their children. Services include 24-hour crisis line, emergency shelter, support group with childcare, legal advocacy, transportation, option counseling information, and referrals. Serves Sauk, Columbia, Adams, Marquette, and Juneau Counties. **Call: 800-584-6790**

Passages

A program for victims of domestic violence. Serves Juneau County but is located in Richland Center. Provides 24-hour emergency shelter and crisis line plus support groups with childcare, information, and referrals. There is no charge for these services. Call: Business Line: 608-647-6317 or Crisis Line: 800-236-HEAL (800-236-4325) [24 hour]

Juneau County Department of Human Services

Provides 24-hour emergency services for emotional and family crises, including problems with alcohol, drugs, and child abuse. No charge for telephone call and crisis intervention.

Call: 847-2400 or (emergency) 608-847-6161

Emergencies on weekends, nights, or holidays, call Juneau County Sheriff's Department.

Call: 847-5649 or 911

SUICIDE

Suicide Prevention	Hotline 24 hrs	/7 days	800-SUICIDE
	or		800-784-2433
	or	www.suici	dehotlines.com
	La Crosse		800-362-8255
	Madison		608-280-2600
	Wisconsin Rap	ids	715-421-2345
Catholic Charities o	f La Crosse		888-212-4357

COUNSELING AND SUPPORT

Juneau County Dept. of Human Services 608-847-2400 Provides counseling sessions for individuals, couples, and families; also group counseling. Cost is based on sliding scale according to family income.

COUNSELING AND SUPPORT CONTINUED

Juneau County Health Department	608-847-9373
Franciscan Skemp Health Care, La Crosse	608-785-0940
or	800-362-5454
Aging and Disability Benefit Specialists	608-847-9371
Catholic Charities	800-236-4673
Lutheran Social Services	608-277-0610

SUPPORT GROUPS

Grief Support Group: Sponsored by Mile Bluff Medical Center. For more information, call 608-847-6161, Extension 217.

Stroke Support Group: For stroke survivors, their family, friends, and caregivers. For more information, call 608-562-3215, Extension 400.

Family and Friends Support Group: For the family and friends of nursing home residents. For more information, call 608-847-6161, Extension 422.

Fibromyalgia Support Group: For people suffering from Fibromyalgia. For more information, call 608-847-6161.

Alzheimer Support Group: See Page 8

SMOKING, DRUG, AND ALCOHOL ABUSE

Juneau County Human Services, Mauston	608-847-2400
Al-Anon/Alateen	800-344-2666
Al-Anon/Alateen - HOTLINE	800-356-9996
Alcoholics Anonymous	608-222-8989
Alcohol (24 hours) Help Line	800-252-6465
Informational Website <u>www.alcoholics-an</u>	nonymous.org
Narcotics Anonymous	800-240-0276

Alcoholics Anonymous (AA) - A support group for anyone who has the desire to stop drinking. There are no dues and attendance is confidential. Call: 800-362-8255 or 608-562-5611

AA/AL-ANON

Mauston

Monday - 7:00 p.m.

Mile Bluff Medical Center

<u>AA</u>

Mauston

City Hall,

303 Mansion St.

Mon.—11:00 a.m., Wed.—1:30 p.m. &

Friday—7:30 p.m.

New Lisbon

Bethany Lutheran Church,

618 W. River St. Thurs.—7:00 p.m.

AA cont'd

Hillsboro Farmer's Bank

726 Water Ave.

Wed.—7:00 p.m.

Wonewoc United Methodist Church

208 S. East St. Sat.—7:30 p.m.

SMOKING CESSATION

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Self-help	intorm	ation.
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American Cancer Society	800-227-2345
National Cancer Institute	
Tobacco Free Coalition	608-847-9373

Smoking Cessation Classes

Mile Bluff Medical Center	800-252-4377

or **608-847-6161**

Juneau County Health Department 608-847-9373

Hours: Mon. - Thurs. 9:00 a.m. - 8:00 p.m.

Fri. - 9:00 a.m.-5:00 p.m. Sat. - 9:00 a.m.-1:00 p.m.

AGING & DISABILITY RESOURCE CENTER WORD SEARCH

R	E	C	R	E	A	T	I	o	N	K	T	D	X	N	C	E	L	s	T
S	Z	s	Z	P	V	I	L	R	C	I	В	R	A	S	P	P	I	P	C
M	Z	J	R	F	X	w	C	A	Y	Y	В	X	D	M	U	P	A	I	R
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U	S	E	С	R	U	o	S	E	R	G	w	s	В	Z	L	M	I	M	E

AGING
MEALSITE
NEWSLETTER
VOLUNTEERS
CRAFT SALE
ALZHEIMERS
CHORE SERVICE
RESOURCES
INFORMATION

ACTIVITIES
ESCORT DRIVERS
RECREATION
BUS TRIPS
LOW VISION
ELDERLY
NUTRITION
ADVOCACY

FINANCIAL ASSISTANCE

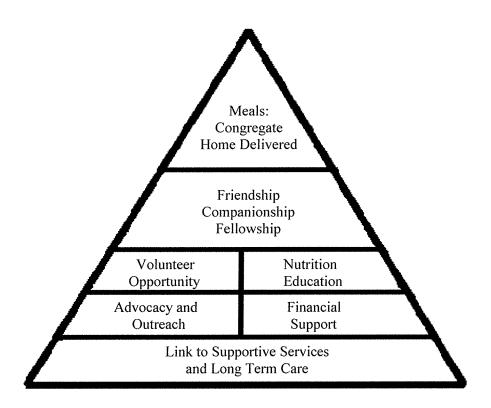
Medical Assistance	Mauston	608-847-2400
Income Assistance	Mauston	608-847-2400
Energy Assistance	Mauston	608-847-5988
Rental Assistance	Mauston	608-847-1124
Juneau County Housing Authority	Mauston	608-847-7309
Mauston Housing Authority Provides housing information	Mauston and rental a	608-847-4379 assistance.
Renewal Unlimited	Portage	608-742-5329
St. Vincent De Paul	Mauston	608-847-6235
	Wis. Dells	608-254-4011
	Baraboo	608-356-4649
Community Action Council	Mauston	608-847-5988
	Wis. Dells	608-254-8353

MISCELLANEOUS

Mauston City Cab - Call 847-3008

NOTES

Aging and Disability Resource Center



CHECK US OUT!

WE'RE HERE FOR YOU!

Revised 5-2017